



THE SUGAR HIT!

by Sarah Coates



Here's a sneak peek inside this totally delish new book!

POPPY SEED FRENCH TOAST WITH WHIPPED RICOTTA

I first saw the addition of poppy seeds to French toast in David Loftus's brilliant book *Around the World in 80 Dishes*. I'm a huge fan of Mr Loftus, both as an author (his book mirrors Jules Verne's *Around the World in 80 Days* through food – genius) and as a photographer (he works with Jamie Oliver, Rachel Khoo and a bundle of others). After trying his recipe out, I now totally admire him as a cook, too. This is my tweaked version, complete with creamy whipped ricotta and a pile of raspberries.

Serves 2

POPPY SEED FRENCH TOAST

3 EGGS
.....
125 ML (4 FL OZ/ 1/2 CUP)
MILK
.....
1 TABLESPOON HONEY
.....
1 TABLESPOON POPPY SEEDS
.....
4 SLICES BRIOCHE
(PREFERABLY DAY-OLD), OR
OTHER STALE BREAD
.....
BUTTER FOR FRYING
.....

WHIPPED RICOTTA

250 G (9 OZ/1 CUP) FRESH
RICOTTA
.....
1 1/2 TABLESPOONS CASTER
(SUPERFINE) SUGAR
.....
1 TEASPOON VANILLA BEAN
PASTE
.....

TO SERVE

FRESH RASPBERRIES
.....
MAPLE SYRUP
.....

To make the French toast, in a bowl, whisk together the eggs, milk, honey and poppy seeds.

Put the slices of brioche in a shallow dish and pour over the egg mixture. Leave to soak, turning occasionally, until almost all of the egg mixture is absorbed, about 10 minutes.

Meanwhile, to make the whipped ricotta, place all the ingredients in a food processor or blender and process the mixture until the ricotta goes from a grainy, crumbly texture to silky smooth. Scrape the mixture into a serving bowl.

Add about 20 g (3/4 oz) butter to a large frying pan over medium-low heat. Once the butter is melted, add the pieces of soaked brioche, and cook slowly for about 2 minutes on each side or until golden brown and cooked through. Serve warm with the whipped ricotta, fresh raspberries and a drizzle of maple syrup.



THIS IS AN EDITED EXTRACT FROM THE SUGAR HIT! BY SARAH COATES PUBLISHED BY HARDIE GRANT BOOKS RRP \$29.95 AND IS AVAILABLE IN STORES NATIONALLY.

